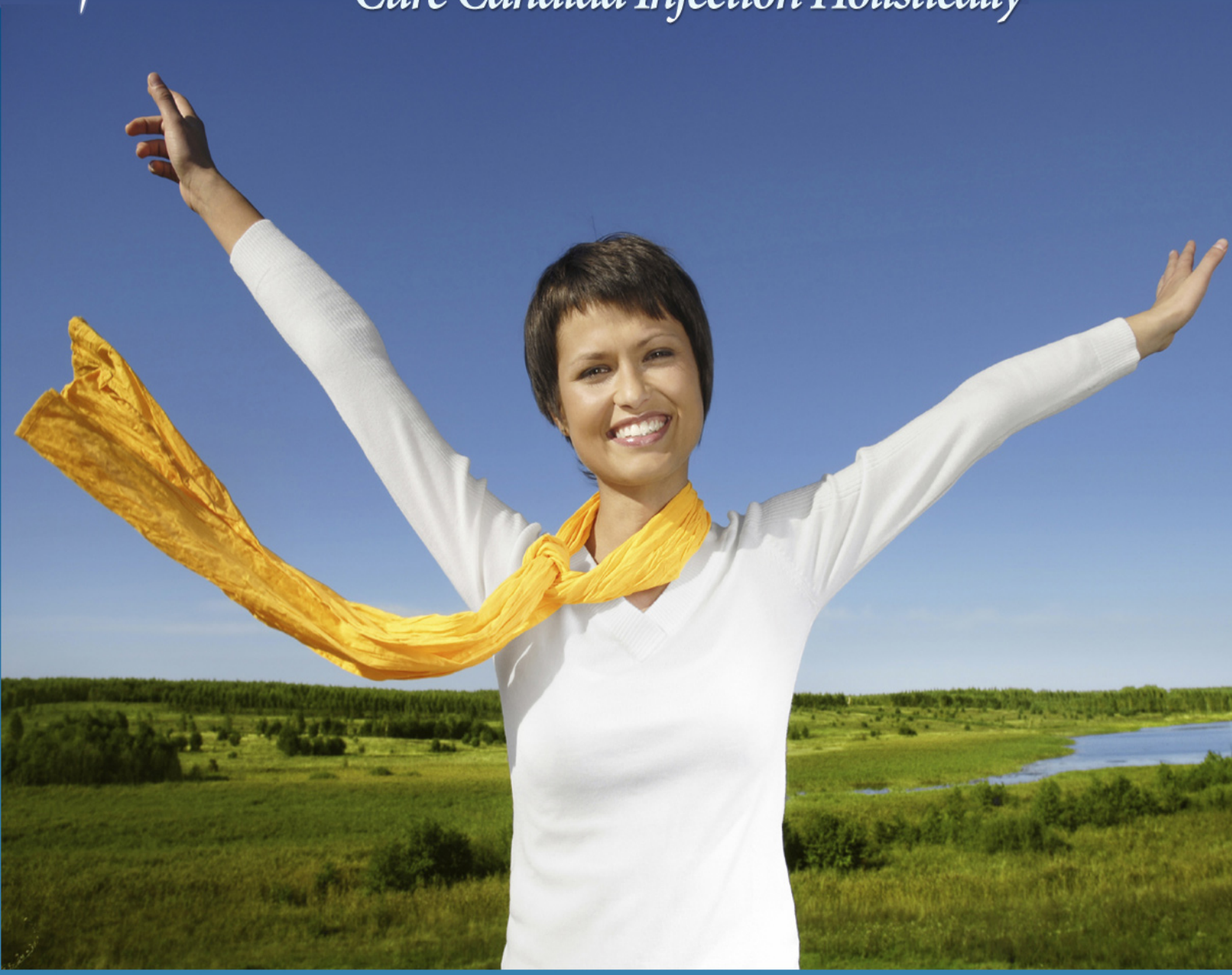
Yeast Infection No More™

Cure Candida Infection Holistically



A Unique Step By Step Holistic System Guaranteed To Eliminate Your Yeast Infection From The Inside Out Giving You Lasting Candida Infection Freedom

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Yeast Infection No More™

A Unique Step-By-Step Holistic Yeast Infection System Guaranteed to Eliminate Your Yeast Infection From the Inside Out, Giving You Permanent Candida Freedom

By Linda Allen

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Chapter 1 – Introduction

Welcome

Dear Yeast Infection Sufferer,

Regardless of your age or gender, whether you have severe yeast infection or just a mild case, or no matter how your yeast infection condition manifests itself, the methods contained within the Yeast Infection No More™ System are the only practical answer. These methods are the only way that you will rid yourself of all types of yeast infection in all levels of severity.

Although three out of every four women will develop yeast infection at some point in their lifetime, this annoying and extremely irritating condition that can appear suddenly and may become recurrent for a very long time is, understandably enough, seldom discussed.

Like you I have suffered from severe yeast infection, and just like you I have tried just about all the conventional medicines and over-the-counters that deal mostly with the symptoms (and often aggravate the root cause) but had little to no success. And just like you, something kept me searching, believing that there must be a permanent cure for yeast infection, not just a temporary relief.

It's imperative that you understand your yeast infection didn't just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of it forever. In fact, there is a natural, safe, cheap and highly effective path to cure yeast infection.

This book contains that path.

The information you will discover in this book is the result of 7 years of searching, trial-and-error and experimentation. It's the result of trying just about everything, keeping what works and discarding what doesn't.

The “yeast infection puzzle” was pieced together from the information I learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I just want to assure you that you made the right decision when you ordered the Yeast infection No More™ package. Regardless of what Western medicine followers may have told you, yeast infection can be cured – naturally and permanently.

In this book I’m going to share the Yeast infection No More™ System, the only system based on 7 years of research, that will help you cure your yeast infection for good! I’ll explain exactly what a yeast infection is, the symptoms of yeast infection, diagnosis, primary and secondary factors that cause yeast infection and the conventional vs. natural holistic approach to curing yeast infection. Most importantly, I will go over the exact steps you should take to cure your yeast infection permanently, not just alleviating the symptoms, and how to prevent yeast infection from ever taking control over your body and health.

By educating yourself about yeast infection, you open the door to a lifetime of improved well being and better health without the pain, annoyance, frustration and costs associated with living and treating the yeast infection condition.

My only goal in writing this book was to help you reach your goals – to eliminate your yeast infection permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your yeast infection, then this book is a success with or without the accolades.

By following the Yeast infection No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is stopped. Now is the time and your natural right to open the door to a yeast-free life.

Ten Facts About The Yeast Infection No More™ System

Before we get into the heart of the program and reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful yeast infection system ever developed.

Yeast Infection No More™ provides you with a tested step-by-step plan to success.

It's a fact that no other yeast infection system will provide you with the exact steps you need to follow in order to be yeast infection-free. Most yeast infection programs will merely give you vague guidelines of what needs to be done. With the Yeast infection No More™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Yeast Infection No More™ was written by a real yeast infection sufferer.

This program was not written by some science geek who never had yeast infection in his life. Instead, it was written with the blood and sweat of a real person who suffered from this irritating condition for years, and it's the result of thousands of dollars spent on trial and error and more than 7 years of extensive research.

Yeast Infection No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of yeast infection sufferers have already cured themselves completely using the same principles within this program, including the author herself.

Yeast Infection No More™ is truthful and unbiased.

I've devoted the last 7 years of my life to helping yeast infection sufferers win the war against deceptive advertising, false claims and other marketing scams in the yeast infection industry. The Yeast infection No More™ program is straightforward, providing you with the facts on how to eliminate yeast infection with honesty and integrity. I have never been involved with any skincare, beauty or supplement magazine, and I am not affiliated with any of them.

Yeast Infection No More™ is not just about alleviating the symptoms; it's about your health and inner balance.

Clearing yeast infection from the root can never be achieved as long as your body is in a state of imbalance. Yeast infection is not a vaginal disease or a problem with your skin, no matter what your doctor tells you. It's about taking responsibility for your body and about restoring it back into a state of balance where *no* disease can exist, not only yeast infection.

Yeast Infection No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program. It aims to rebuild your organs of elimination and, combined with dietary, supplementation, mental and lifestyle plans, should bring your body back into balance. In short, it's the perfect holistic yeast infection solution.

Yeast Infection No More™ doesn't confuse yeast infection symptoms with yeast infection cure.

Taking care of your yeast infection externally and fixing the root cause of your yeast infection are completely different things. Yes, treating the symptoms of Candida is obligatory if you have yeast infection simply because it can be an extremely irritating condition. Yeast infection No More™ handles all the symptoms of yeast infection using a unique 12-hour treatment that works for almost all types of yeast infections. However, in order to permanently cure yeast infection, you must neutralize the "yeast infection environment" (more

on that later). The Yeast infection No More™ System ensures this yeast infection environment will cease to exist in your system.

Yeast Infection No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing yeast infection by masking the yeast infection symptoms is flawed. The whole concept of curing yeast infection using various skin treatments is also flawed. When you say that you're going to treat your yeast infection, the implication is that it's temporary and that at some point (when your yeast infection symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you'll ever get rid of your yeast infection permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.

Yeast Infection No More™ is simple.

With the information overload provided by the Internet, it's only natural that you'll feel overwhelmed with conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will find it to apply them, and the greater your results will be.

Yeast Infection No More™ offers 24-hour FREE e-mail counseling.

Yeast infection No More™ is the only yeast infection program that comes with this exclusive 24-hour quality counseling. I challenge you to find similar offers on the Net. The Yeast infection No More™ program is the perfect solution for yeast infection, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge so that you eliminate your yeast infection in the least amount of time and trouble and that

it will also suit your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who bought the program. If you ordered the Yeast infection No More™, I urge you to use this service too. I would love to hear from you.

My Story

My name is Linda Allen. Since childhood I was always extremely proud of my overall health, vigor, energy and well-being. I was leading a very active life with no health complaints up until my early 30s. At that time I suddenly started experiencing a variety of unfamiliar symptoms, which worsened as time passed. They were most annoying and embarrassing, to say the least. I started suffering from severe vaginal yeast infections in addition to constant fatigue, heartburn, stomach cramps and brain fog.

It was only when I started suffering from rashes and frequent sinus and upper respiratory infections, accompanied by constant nasal drainage, that I realized something was internally wrong with my system, and I decided I must do something.

For my heartburn I took Tums, Pepto Bismol, tomato juice, baking soda with water and raw honey. I had only temporary mild relief. I applied several brand-name anti-inflammatory creams for my rashes, but again the results were very short-lived. As soon as I stopped using these creams, the rashes came back with a vengeance. Pills and over-the-counters that were supposed to deal with my respiratory infections showed the same poor results.

I have taken every prescription, drug, ointment or vaginal yeast infection lotion known to western medicine. I have taken Diflucan, Nizoral and Gynazole, applied Monistat and many more prescription medications and over-the-counters that I can remember with the same familiar scenario: It worked in the short term.

I finally decided to have a thorough medical checkup. Surprisingly enough, the doctor found I was in good health; my heart was in good shape; my lungs were working fine; blood pressure was normal; blood sugar level was normal and so on. The doctor asked me if I had suffered from any particular problems. I mentioned the vaginal yeast infection, the heartburn, the digestive problems, the rashes and the frequent nasal drainage.

My doctor claimed that most people in their 30s start to experience these symptoms and that I shouldn't worry since small dietary changes (avoiding milk) accompanied by taking Pepto Bismol, anti-inflammatory and antifungal creams should work. When I told him I had already used most of what he recommended with no success, he claimed I hadn't used them with persistence. He failed to explain why these symptoms occurred in the first place and neglected to warn me of how these conditions could develop into more serious health problems if left untreated.

Several weeks after the medical checkup, I noticed that my vaginal yeast infection, including the heartburn and digestion problems, got significantly worse as the antifungal creams only alleviated the problem.

I was failing to realize that all the while toxins and yeast were building up inside my intestines. It was only later that I had been diagnosed as having Candida fungal overgrowth and that my vaginal yeast infection, oral thrush, nasal drainage, aggravated heartburn and the "floaters" in my eyes were nothing but symptoms for this seemingly uncontrollable yeast condition.

When Western medicine failed to help me, I kept trying different kinds of anti-Candida diets, took the famous ThreeLac treatment**,** tried various types of nutritional approaches, HSOs (soil organisms), colloidal silver, homeopathic therapies and reflexology. Some of these methods did have a positive effect on my yeast infection symptoms, but again, it was only for a short term. It seemed as if my Candida overgrowth and all its related symptoms were there to stay.

As I started researching into holistic approaches to healing, the first thing I realized was that there was never a single cause for a disease, and there were definitely no magic pills or quick fixes. I soon figured out the conventional approach does not and will not ever offer a genuine cure for my condition. At best, conventional medicine offers temporary relief since it's designed to deal with the symptoms of the disease and not the disease itself.

As there are many underlying factors contributing to each disease, the solution must always be multi-dimensional, meaning it must tackle all underlying factors and not just one cause. The holistic approach is the only permanent solution for all types of yeast infections and their symptoms.

After more than 7 years of research, I had finally put together all the pieces of the Candida puzzle and created a complete 100%-natural holistic yeast infection program aimed at tackling the root cause of vaginal yeast infection, including all the annoying and painful Candida-related symptoms.

Within the first few weeks of applying the principles in my program, I started experiencing more energy and vitality. The fatigue, bloating, vaginal yeast infection, heartburn and rashes were quickly eliminated. I witnessed a dramatic change in my complexion. My sight significantly improved, and the nasal drainage, brain fogs and mood swings were completely gone. I was finally free.

Success Is Yours

The solution I offer in my book is an intelligent, holistic, scientifically proven and all natural approach that tackles the root cause of Candida and completely eliminates its symptoms. It subsequently overcomes the vaginal yeast infection fatigue, bloating, heartburn and other related symptoms and ensures you will never experience these painful, annoying and embarrassing symptoms again.

A significant amount of individuals who either read this book or are associated with me and have implemented the methods outlined in the book are living proof that yeast infection can be permanently banished. They are proof that getting rid of yeast infection, even highly severe cases, is not science fiction. It doesn’t have to cost thousands of dollars or involve swallowing enormous amounts of pills or vitamins. You don’t need to spend unrealistic amounts of dollars on all sorts of lotions and ointments that only mask the symptoms. Yeast infection is in fact a manifestation of an internal problem. Yeast infection

is a very annoying and sometimes painful condition, but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than 7 years of intensive holistic research, backed by thousands of hours of nutritional expertise and is based on my own personal experience as well as that of many readers who gracefully volunteered to give their own feedback and comments. Getting rid of yeast infection and its painful and embarrassing symptoms is something that can be naturally achieved. It can be accomplished, but like anything worthwhile, it requires some level of dedication, persistence and patience.

My personal research yielded the Yeast infection No More™ System, which is the heart of this book. If there was one important thing that I learned in regard to yeast infection, it's that it cannot be cured using a single-dimension protocol. A long-term solution for yeast infection would have to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Yeast Infection No More™ System is simple to comprehend and consists of several methods and approaches you may have heard of before, but the key lies in how to conduct each step in the right order and combination of steps. The program is simple, yet it's revolutionary. Great things often come in simple forms.

Following the Yeast infection No More™ System with persistence will eliminate all Candida-related symptoms regardless of the type of yeast infection you have or the severity of your yeast infection. Moreover, many of my customers report a dramatic, positive impact over their mental and emotional well-being as well. I sincerely hope and encourage you to become one of those people. I invite you to give my method a chance so that I could offer you a better life, a yeast infection-free life.

How To Get The Most From The Book

This book offers a comprehensive natural approach to the treatment of Candida yeast infection. It's aimed at you, my fellow yeast infection sufferer, who has tried and is fed up with conventional treatments and their unpleasant side effects and is willing to try a natural, long-term and practical way to get rid of yeast infection.

This book is aimed at people with all types of yeast infections with all levels of severity. It's aimed at individuals who wish to eliminate the cause of Candida yeast infection rather than deal with the symptoms. It's aimed at people who wish to reclaim control over their inner system and health and thus dramatically improve their overall health, the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to yeast infection freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages Candida overgrowth.

I truly believe this book will change your life. If you are reading these lines, you are blessed beyond belief.

By following the Yeast infection No More™ System to the letter, you'll not only eliminate all symptoms related to Candida, including vaginal yeast infection, migraines, backache, respiratory infections, rashes, heartburn and fatigue, you'll also feel younger, healthier and more vibrant. You'll be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Yeast infection No More™ System eliminates the root factors leading to yeast infection, thus achieving real long-term success.

I spent more than 7 years researching, probing and analyzing information concerning yeast infection as well as experimenting with every available natural solution. During this time I have eliminated what didn't work and

retained what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Yeast infection No More™ System.

As mentioned earlier, treating yeast infection is not a short process. It requires persistence and patience. Results may appear after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different types and levels of yeast infection severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things in control.

Persistence and belief are vital if you wish to achieve success in eliminating your Candida yeast infection. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Yeast infection No More™ System is the only key to lasting yeast infection freedom.

This book is divided into 6 chapters and 4 appendices.

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding yeast infection and the holistic approach. This is where I reveal the true nature of Candida yeast infection, the true causes of yeast infection, types of yeast infections, common symptoms, complications of Candida yeast infection, the pros and cons of conventional yeast infection medications and over-the-counters and the crucial differences between conventional and holistic medicine.

Chapter 3 discusses the most effective ways to diagnose Candida yeast infection.

Chapter 4 shows the basic steps you should take to get rid of these annoying and irritating on-the-surface symptoms of yeast infection naturally in as little as 12 hours.

Chapter 5 introduces The Quick Results Mini-Program. It's designed especially for busy folks that don't have much time on their hands but wish to **see results ASAP** and for people with very light yeast infection. It's not a quick fix approach, but it's practical and extremely easy to follow.

Chapter 6 – The complete step-by-step holistic solution to yeast infection – the Yeast infection No More™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Yeast Infection No More™ System outlined in a chronological manner with all the nitty gritty details of why, when and how to successfully accomplish each individual step. It also outlines the **exact principles you need to follow to prevent the reoccurrence of yeast infection and maintain a Candida-free environment.**

Appendix 1 outlines several complementary treatments for yeast infection.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 provides vital information on how to conduct a moderate detox program based on the Ayurveda.

Appendix 4 shows exactly how to maintain liver function – an important part of the yeast infection maintenance plan.

The Yeast infection No More™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you'll become more "yeast infection educated," more motivational and more focused on nothing but achieving your goal, which is eliminating the factors leading to yeast infection formation and achieving Candida freedom with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed

by the amount of information. Don't be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you'll gain a complete solid picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you're required to do this or that and in that certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use as much conversational language and layman terms as I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources; so stay connected to the Internet while reading.

It's important that you commit to take action and add a deadline to your goals if you wish to succeed. Without the will, a deadline and a proper motivation and dedication to eliminate your yeast infection, you'll only achieve poor or short-term results. It's advisable to adhere to the Yeast infection No More™ System as it was especially designed to make your Candida yeast infection a part of your history.

Get Rid Of Yeast Infection Holistically

You really can get rid of yeast infection – naturally and holistically. How?

- By learning what a "yeast infection environment" is
- By learning exactly what conditions are needed for a yeast infection environment to exist and how to neutralize these conditions so that yeast infection be banished forever
- By learning the connection between yeast infection and inner imbalance and how to quickly restore the body back into balance
- By understanding that yeast infection is primarily a Western problem and that there is in fact a tight connection between

Western diet, Western lifestyle and yeast infection in spite of what modern medicine and the media want you to believe. Research has clearly shown that in non-Western societies where people don't eat Western food, they also don't have yeast infections.

- By learning the evident link between stressful lifestyle, inadequate sleep, lack of physical activity and the aggravation of yeast infection.

To get rid of yeast infection permanently, equip yourself with information about toxic elimination, internal cleansing, hormonal balancing, acid-alkaline balance, healthy diet, stress control, the yeast link, antibiotics, probiotics and prebiotics.

The Yeast infection No More™ book will provide you with all of the above invaluable information. This is not just an informational book but rather a complete step-by-step system that will take you from where you are now to where you want to be – to have permanent candida infection freedom.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you'll see results on your yeast infection condition. So start today. Start now. If you need further assistance, e-mail me: support@yeastinfectionnomore.com. You'll have all my knowledge and expertise by your side.

Chapter 2 – All About Candida Yeast Infection

Section One – The Truth About Yeast Infection

What Is Yeast Infection?

Yeast infection is only one type of infection that manifests itself in the vagina and in the area around the opening of the vagina, called the vulva, among women and in the area around the penis among men.

Common names for yeast infection are: Candida, Monilia, and thrush.

There are actually three types of vaginal infections or *Vaginitis* in their general medical term:

1) Trichomoniasis: vaginal infection condition triggered by parasitic protozoa
2) Bacterial vaginosis: vaginal infection condition, which, in most cases, is sexually transmitted and is caused by bacteria
3) Yeast infection: vaginal infection caused by yeast-like microorganisms called Candida albicans. The medical term for yeast infection is *Candidiasis*.

Candida albicans, a yeasty fungus, and other strains of Candida normally inhabit our digestive tract, intestines, mouth, throat and genitourinary tract. Candida albicans, an integral part of the bowel flora, has many positive functions such as defending our digestive tract from harmful bacteria. Candida has the ability to recognize and kill harmful bacteria and other pathogen organisms inside the digestive tract.

In a healthy balanced state, a person can actually have millions of Candida microorganisms that only benefit our inner terrain.

As long as our system has the proper acid-alkaline balance (more on that later), our immune system is strong enough and our probiotic friendly bacteria (such as Lactobacillus acidophilus, B. bifidum, Lactobacillus bulgaricus, Streptococcus thermophilus and L. salivarius) are greater in relation to the number of Candida microorganisms, Candida is kept under control.

It's only when our internal system is compromised that the perfect environment for Candida overgrowth develops. This is due to either toxic buildup (in the bowels, blood, lymph or kidneys), loss of friendly bacteria (due to the use of prescription drugs, antibiotics or chlorine, for example), weakened immune system, over-acidity in the digestive system and a diet high in toxic foods, refined carbohydrates (sugar, white flour, white rice) and low in fresh fruit and vegetables.

Candida overgrowth is in fact a condition that derives from an inner state of imbalance where Candida albicans transform from a simple, harmless and non-invasive yeast form to a mycelial fungal form that invades the rest of your body.

When Candida shifts from yeast to fungal form, it produces root-like structures called rhizoids that penetrate the intestinal walls and create holes in the walls of the intestines. This enables the yeast, toxic waste, bacteria and undigested food to enter the blood stream. This causes many unpleasant to chronic and dangerous conditions such as leaky gut syndrome, food intolerance, rashes, brain fog and irritation, itching, swelling and inflammation or white discharge around the vagina (vaginal yeast infection) or around the penis area.

When yeast transforms into fungal form, it produces two very toxic substances – ethanol and acetaldehyde. These two dangerous toxins negatively impact the functionality of our cells. For example, the red blood cells find it difficult to flow into small capillaries, which can result in fatigue, migraines and muscle aches. In turn, the white blood cells have difficulty in fighting infection, which can result in allergies, rashes, acne and slowing of the healing process. These

toxins can affect the ability of messages to pass from one cell to another, resulting in nerve problems.

Cyclic vulvovaginitis is another condition that indicates Candida overgrowth. The symptoms of this condition are a recurrent pain, burning and itching sensation during every menstrual cycle.

It's important to know that by the time a woman has a vaginal yeast infection, for example, or any other external, on-the-surface sign of fungal growth such as athlete's foot, the yeast has already grown out of control.

Later in this chapter I will discuss the most common symptoms of Candida yeast infection overgrowth and simple ways to diagnose the severity of your condition.

Yeast infection is a complex condition triggered by more than one factor, which is what makes it very difficult to get under control. This is one of the reasons why doctors still find this chronic condition so hard to eliminate using prescription drugs and over-the-counters. Luckily there is an alternative, the holistic way that tackles the problem from the root and restores the inner environment back into balance. And it's safe, simple and 100% natural.

The Real Cause of Candida Infection

The basic most fundamental truth regarding the vast majority of chronic health conditions, including Candida yeast infection, is that there is no such thing as a single cause.

Similar to other health conditions, Candida yeast infection results from an environment that triggered by several primary factors and secondary factors and the relationship between both. There are factors and co-factors that contribute to the Candida overgrowth, and there are causative agents that aggravate an already compromised yeast infection condition.

There are also life situations, external factors and psychological and mental factors that directly or indirectly form the environment in which Candida gets

out of control and manifests itself in a variety of the common yeast infection symptoms.

Because every health problem is multidimensional, the solution must be multidimensional in order to eradicate the problem from the root. This is one of the reasons why science and conventional medicine fail in treating most Western inflictions. Instead of treating the body and health condition as one, as a whole, they tackle the manifestation of the condition or the infected parts (more on that later).

Some of us are more genetically prone to disease than others, but that is not to say that if we have some tendency to develop a condition or a weakness of some sort, there is nothing we can do. Although we cannot change our genetic structure, we can tackle the other parts of the health condition puzzle. We can make a difference, reverse our diseases and regain our health and energy by making positive decisions to change our lifestyle, dietary choices and thoughts that lead to poor health, toxic buildup, weak immune system and Candida overgrowth, which promote the majority of all common illnesses. Then we can gain control over our health and inner terrain.

The primary factors that lead to Candida yeast infection overgrowth are:

- Poor Dietary Choices and Compromised Digestion
- Improper Acid-Alkaline Balance and The Lack and/or Imbalance of Digestive Enzymes and Hydrochloric Acid Produced by the Stomach and Pancreas
- Weakened Immune System
- Accumulation of Toxins in the Digestive Tract
- The Loss of Friendly Probiotic Bacteria.

These 5 factors create the perfect environment for Candida to multiply and transform from yeast to fungal form, which can manifest among other symptoms in yeast infection.

Having hormonal imbalance (such as during menstruation), taking antibiotics, prescription medications, steroids and birth control pills can also trigger an onset of yeast infection. Lifestyle factors such as stress, hygiene, sexual activity and even the clothes that you wear can aggravate an already compromised Candida condition.

With that said, let's go into more detail about each of the primary and secondary factors that contribute to Candida yeast infection.

Poor Dietary Choices and Compromised Digestion

A diet high in refined carbohydrates, processed and toxic foods and low in fresh fruit and vegetables affects biochemical processes within the cells, worsens digestion and interferes with the natural toxic elimination process. Furthermore, it also feeds Candida, which thrives on refined carbohydrates such as sugar, white flour and white rice. Add nutritional deficiency to the equation, and Candida is provided with a constant supply of food, the ideal condition for its overgrowth.

Lack of nutrition is another factor. Our body needs to obtain about 40 essential vitamins, minerals and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and less foods with high nutritional value, the immune system declines and becomes less effective since nutrition is highly essential for healthy immune functioning. With a weakened defense system, we make it easier for Candida to multiply.

When our digestion is optimized, it helps in expulsion of yeasts and bacteria. When our digestion system is sluggish due to several factors discussed in later chapters, undigested food and rotten food particles that circle the blood stream and stored in the digestive tract will accelerate many disease symptoms, including Candida overgrowth.

Improper Acid-Alkaline Balance and the Lack and/or Imbalance of Digestive Enzymes and Hydrochloric Acid Produced by the Stomach and Pancreas

In healthy individuals, the stomach and pancreas produce adequate amounts of digestive juices that are responsible for the breakdown of proteins, starches and fats. These juices also create an intestinal environment that hinders the ability of pathogenic organisms to reach the lower intestine. These gastric juices actually destroy the yeast cells.

When the liver is weakened, mainly because of bad nutrition, the production of digestive enzymes and natural acids is also compromised. This allows more yeast and bad bacteria to enter the intestinal chamber, multiply and create havoc within your body.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida overgrowth (more on the acid-alkaline balance later).

Weakened Immune System

When our immune system is weakened due to several factors such as nutritional deficiency, high toxic buildup (heavy metals, chemicals, bacteria, viruses, parasites), stress, lack of sleep or the use of pharmaceutical drugs such as antibiotics and steroids, the body becomes vulnerable to virtually every type of sickness and disease. In this state the body cannot defend itself and cannot control the process of Candida overgrowth as it could if the immune system was at its peak performance.

Candida yeast infection along with other skin infections such as acne, fatigue, allergies, thrush and constant colds are all signs of a weakened immune system.

When the immune capabilities are compromised it allows the Candida to gain a foothold within the body. Genetic weakness and the use of certain drugs including steroids, birth control pills, antibiotics and cortisone, along with poor nutrition, prolonged illness, stress, alcohol abuse, smoking, lack of sleep and exercise, all contribute to the weakening of the immune response, creating a domino effect; which aggravates the Candida infection.

Congested Toxins In The Bowels, Kidneys, Blood And Lymph

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take and the poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys and colon. This leads to short-term and long-term health conditions. Among them is Candida overgrowth.

You can take thousands of herbs, supplements and over-the-counters to combat your yeast infection, but without cleansing your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of Candida.

By the time you have cleansed your internal system, your detoxification process and your immune system will vastly improve, and your digestion will become enhanced. You will feel more energetic and healthier, and your body will be able to fight and kill Candida more effectively.

Loss of Friendly Bacteria

Our friendly probiotic bacteria that lives in the gastrointestinal tract help our body in many ways to combat dangerous viruses, yeasts, parasites and bacteria. They enhance the digestion process, break down toxins, sugar and fats, have powerful antibiotic properties and most importantly, in our case, they help to keep Candida under control.

However, probiotic balance is affected by a number of factors including, stress, antibiotics, vermifuges, the contraceptive pill and steroids to name a few. When probiotic numbers decrease, the defense against Candida goes down, and Candida begins to grow out of control.

Stress

Stress invoked by either lack of sleep, emotional issues, anxiety or pressure in your daily routine has been scientifically proven to trigger yeast infection growth due to the following reasons:

1) Stress depresses your immune system since at the time of stress your body releases a hormone called cortisol, making your body defenseless against Candida.
2) Stress elevates blood sugar levels that feed Candida cells allowing it to overgrow.
3) Stress also changes our bacterial internal environment in the gut as it decreases the friendly bacteria and allows Candida to take over.

Hormonal Imbalance

The friendly bacteria in the gut need a balance between estrogen and progesterone and an adequate amount of both for its support. When there is an imbalance between estrogen and progesterone due to birth control pills or hormone replacement therapy or even before your menstrual period, it can interfere with the intestinal flora, thus allowing Candida yeast infection to take control and multiply.

Conditions that trigger hormonal swings, such as puberty, pregnancy, menstruation, PMS and the use of oral contraceptives create a favorable environment for Candidiasis. Females are more susceptible than males because female hormone levels, due to several reasons, are constantly fluctuating. Sustained high levels of estrogen, for example, can compromise the immune system function. Candida overgrowth is also stimulated by the female hormone progesterone, which is at elevated levels during pregnancy.

This is one of the reasons why many women often experience vaginal yeast infection during pregnancy and menstruation. During this time, the body goes through many hormonal fluctuations accompanied by changes in the vaginal acidity (pH levels), which could both contribute to Candida overgrowth.

Antibiotics, Prescription Drugs And Steroids

Antibiotics cause a great deal of damage and havoc to your system, in the long run, that can be difficult to repair. By taking antibiotics you not only eradicate the bacteria that caused the infection to occur, you also destroy the friendly bacteria, practically putting your health in serious risk. You're exposing your body to the dangers of Candida overgrowth, parasite invasion, B-12 deficiencies, nutrients that will not be absorbed, allergies and the overall colon health breakdown.

Antibiotics, drugs and steroids change the environment of the gut and stress the liver, one of the major detoxification organs, thus leading the way to yeast infection overgrowth.

The problems with antibiotics is that even if you don't take them orally, they are found in most dairy and meat products, making your exposure to antibiotics on a daily basis almost inevitable unless you decide to change your diet.

Clothing, Hygiene Products And Moisture

Wearing tight clothes or synthetic fabrics will disallow the vagina or penis area to breathe and make the area over-acidic, thus accelerating the yeast overgrowth process.

Using famous brands of feminine hygiene products can also change the pH level of the vaginal environment, allowing the overgrowth of yeast infection in that area.

Walking, sitting or just staying inside wet clothing such as a bathing suit or underwear can contribute to excess moisture in the penis or vaginal area, triggering yeast infection.

Sexual Activity

Yeast infection, especially in the vaginal or penis area, can be contagious and is more so during sexual activity. Practicing caution and treating your partner's yeast infection prior to having sexual intercourse is an important step to preventing the spread of yeast infection.

Diabetes

Although this is an uncontrollable and mostly genetic factor, diabetes can trigger hormonal fluctuations and thus have a significant impact upon yeast infection overgrowth.

Types Of Yeast Infections

Vaginal yeast infection and yeast infection around the penis area are the most common known Candida-related conditions. Yeast infection can also manifest itself on the skin's surface, in the mouth and throat, urethra, bladder and kidneys, eyes, deep organ tissues, bones, joints and several other parts of the body.

Signs and Symptoms of Genital Yeast Infection

Women

Vaginal yeast infection can be divided into two levels of severity: localized vaginal yeast infection and systemic yeast infection (where the infection has manifested in other parts of the body in addition to the vagina and vulva area).

Localized vaginal yeast infection symptoms are:

- Itching, irritation and burning of the vagina or vulva
- White and abnormal discharge from the vagina
- Pain during sexual intercourse
- Inflammatory redness in the perineum area
- Over-sensitivity and irritation of the pubic hair follicles
- Frequent pain during urination
- Low pelvic aching.

Systemic vaginal yeast infection symptoms are:

- Severe swelling of the vagina characterized by swollen anus and purple color of the vulva
- Pain during urination
- Painful skin cracks due to extreme dryness of the vaginal and vulva areas
- General fatigue and lethargy
- Walking difficulties
- Scratching the area causing bloody exudation
- Bleeding and swelling of hemorrhoid veins
- Difficulties having sexual intercourse.

Important note: Not all vaginal discharges indicate the involvement of yeast infection. There are some discharges that are perfectly normal as they are part of the natural moisture secretion of the vagina.

There are some normal discharges during the menstrual cycle that are yellowish and mucus-like in consistency, and there are normal discharges when sexual arousal occurs. It's only when you seem to have white cottage cheese-like discharge, often accompanied by bread or yeasty odor and several of the symptoms above, that it may indicate a yeast infection.

Men

Many of the symptoms that characterize vaginal yeast infection are not common when it comes to yeast infection among men. However, if you experience any of the following symptoms, it's most likely that you suffer from yeast infection, and it's highly recommended that you schedule an immediate appointment with your family physician.

- Burning sensation and irritation during and after sexual intercourse
- White lesions and red rash in the penis area
- A drop of white discharge from the penis.

Other Symptoms of Localized Candidiasis

When candida settles in the mouth, the thrush or candida infection often manifests as a ‘dry mouth’ feeling, creamy white patches that coat the tongue, tonsils, throat and cheeks and sometimes as pain on swallowing.

Esophageal Candidiasis can cause difficulty swallowing, heartburn, the feeling of pain behind your breastbone and often nausea and vomiting.

There are numerous serious medical problems that can occur when candida becomes systemic and settles in different areas in the body. Among these conditions are: fever, heart murmur, enlargement of the spleen, bleeding disorders, blindness (severe candida infection in the eye area), shock and kidney failure.

When candida overgrowth occurs or is limited to the intestinal tract area (Dysbiosis), there are practically endless of possible symptoms that can appear in this part of the body.

Complications of Candida Yeast Infection

While there are cases of yeast infection that clear up on their own, especially when the yeast is triggered by elevated pH levels in the vagina during menstruation, Candida in general can be quite dangerous if left untreated.

Left untreated and accompanied by the bacteria associated with it, Candida gets into the blood stream and localizes in other parts of your body, which results in many other symptoms such as sinus problems, rashes, joint and chest pain, acne, prostate problems, irritable bowel syndrome and much worse conditions.

Candida needs a warm and moist environment such as the digestive and intestinal tract to thrive. There it covers the intestinal walls and interferes with the normal digestion process and the essential absorption of nutrients from the food that we eat. Yeast cells embed into our mucus membranes feeding themselves from digestive enzymes and absorbing undigested food.

This depravation of nutrients can lead to serious health problems. Among them is the weakening of the immune system, which in turn strengthens the Candida yeast infection, creating a vicious cycle.

Candida also produces more than 75 toxic substances that contaminate the tissues and weaken the immune system, lungs, kidneys, gallbladder, liver and brain.

When acetaldehyde, the main toxic waste of Candida, transforms into ethanol, it can cause a variety of symptoms that range from unpleasant to dangerous: oral thrush, vaginal yeast infection, upper back pain, bloating, diarrhea, constipation, GERD, heartburn, sores in the mouth and anus, brain fog, dental problems, TMJ, migraines, blurred vision, depression, restless leg syndrome, panic attacks, chronic athlete’s foot, high cholesterol and asthma.

Candida can cause food intolerance and environmental sensitivities.

As Candida's toxins enter the blood stream as an adverse reaction to these pollutants, they can cause food allergies, food intolerance and environmental sensitivities that in the long run can manifest into more serious conditions that involve the weakening of the immune system.

Candida can cause leaky gut syndrome.

As Candida overgrows, it develops legs called rhizoids that penetrate the gut wall causing inflammation and physical damage to the gut. Combined with impaired biochemical processes, it can results in a condition called leaky gut syndrome. From here Candida enters the blood stream and invades all areas in the body where the immunity is weak. Leaky gut syndrome can eventually lead to all sorts of bowel disorders, food sensitivities, severe allergies and even asthma. Leaky Gut Syndrome is responsible for some of the symptoms of chronic Candida infection such as bloating, pain, heartburn, gas, constant hunger, hemorrhoids, constipation, and liver dysfunction.

Candida can cause allergies and the weakening of the immune system.

The molecules of the antigens that enter the blood stream are very similar to molecules of human tissue, so the immune system is triggered to react; thus allergies occur. The immune system produces antibodies aimed at attacking the antigens, and when it does, it also attacks healthy tissues in the process. This can lead to several health problems due to autoimmune disorders.

Candida can cause vitamin and mineral deficiencies.

Malabsorption of minerals and vitamins can lead to serious health problems.

Candida overgrowth can contribute to nutritional deficiencies of mostly copper, zinc and magnesium that manifest in a myriad of symptoms and disorders.

Candida can affect the nervous system.

The canditoxin and ethanol, the toxic waste product of Candida, affect the brain that in turn produces other toxins that have been proven to interfere with biochemical processes in the brain. Insomnia, anxiety, poor memory, depression, sluggishness, brain fatigue, mood swings are all connected to the nervous system that is compromised by candida overgrowth.

Candida can cause sepsis.

Candida overgrowth can lead to a dangerous condition called sepsis. Sepsis is a blood infection characterized by fast heart rate, fast breathing and fever. This is a life-threatening condition.

Section Two – Holistic Medicine vs. Conventional Medicine In The Treatment Of Yeast Infection

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system unrepeated from nature, conventional medicine treats the body by its separated physical organs.

Conventional medicine has failed to acknowledge the sad truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural adversaries (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be truly or completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are incomprehensible to the body. This is why these chemicals cannot enter your system without creating some level of catastrophe.

While holistic medicine's conviction is mainly to restore the body back into a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its entire efforts on "making the patient comfortable" and by calming the pain with drugs and ointments, which function as patches to the symptoms of the disease.

The Sad Truth Of Yeast Infection Medications And The Medication Trap

The sad truth is that most doctors care more about your money and their status rather than your well-being. Other doctors do care about your health,

but all the while they are fixated on a single stream of scientific thought and empirical research.

These doctors are under monstrous pressure from the drug and pharmaceutical companies to prescribe topical treatments, creams, ointments and antibiotics. The drug and pharmaceutical companies are the main fund providers of yeast infection research, and they have all the interest in the world not to admit that drugs are mostly worthless, harmful and expensive.

The main argument doctors have as to why there isn't a link between diet and yeast infection is that two individuals can eat the same food, yet one will have yeast infection while the other stays clear. They simply ignore the fact that there are other factors involved, and that doesn't mean that a healthy and balanced diet is insignificant to the treatment of yeast infection.

That is why most doctors limit their treatments to the use of drugs and chemicals rather than listen to the voice of nature. Very few doctors have gone through that leap of faith and become more associated with nutrition. Unfortunately, they are rare exceptions.

The truth is we are all aggressively hypnotized on a daily basis. We are kept in a state of fear because it sells more medicine.

The disturbing truth is that the medical establishment and the pharmaceutical companies do not want to find a cure for a disease such as cancer, AIDS or yeast infection. They want to keep on selling drugs that merely alleviate the symptoms to keep you needy so you'll spend more money, and they will make more profit.

One of the fundamental mistakes of Western medicine thinking is its tendency to classify many illnesses as genetic disorders. This approach leads many to believe they are actually born that way with that certain disease, and there is nothing they can do to fix it.

This partly explains why Western medicine has such a pre-designed methodical practice aimed at alleviating the symptoms while ignoring the true cause of the illness.

Ironically enough, by taking medicines and creams for the rest of your life, the Western medicine approach of “there will be no cure” becomes the truth.

The truth is that although we are born with certain genetic tendencies and weaknesses, we do have control over our health and well-being.

By understanding the internal problem that caused the disease, by listening to your body, taking responsibility over your health and making the necessary changes (lifestyle, dietary, hormonal balancing and internal cleansing) we can regain our health and take control over our lives without the cost and side effects of conventional medicine.

It’s time to wake up.

What Yeast Infection Treatments Does Conventional Medicine Offer?

The following is a list of several treatments conventional medicine offers as a way of dealing with yeast infection. I have used all of them, but unfortunately none has been able to effectively eliminate my yeast infection and the symptoms involved with yeast infection in the long run. This is mainly because most of these treatments, over-the-counters in particular, are focused on the symptoms of the disease as they provide “patches” rather than addressing the root factors.

There are in fact some antifungal agents that can effectively kill the yeast. There are three caveats to that treatment:

1) It works temporarily. Candida yeast infection is a complex condition. To effectively kill it you must neutralize the environment that keeps it alive. Killing the yeast will be like cutting the plant but leaving the roots. It will grow again.
2) Candida is a pleomorphic organism, which means it can change form and develop resistance to the antifungal treatment.
3) Most antifungal treatments also carry a myriad of side effects, some of which are serious.

Over-The-Counter (OTC) Medications

Most over-the-counter medications are aimed at treating the infection in the affected area to control the multiplication process of the yeast.

There are creams that are inserted using an applicator into the vagina or are spread around the penis area for men. For women there are suppositories to be placed in the vagina that dissolve with body heat to release the active ingredients.

There are also topical creams available that deal with the uncomfortable symptoms of yeast infection such as itching, burning and inflammation.

Although most OTC medications such as Monistat and other similar creams are readily available without a prescription and are inexpensive, easy to use and act fast to relief the symptoms, treating yeast infection locally using a cream or suppository have clear disadvantages:

1) They work temporarily to alleviate the symptoms while increasing the body's resistance to the treatment.
2) They cannot provide a solution for systemic yeast infection since, as you know, the yeast lives in many parts of the body besides the visibly infected area.
3) They are usually messy and contain oils that break down the latex material in birth control methods such as condoms.
4) OTC can cause serious side effects for pregnant women and girls under the age of 12.

Oral Rinses, for example, are only in contact with the yeast cells for a limited period of time and therefore, are the least effective treatment for oral yeast infection or thrush. Even several days after the creamy white patches on the tongue, and tonsils disappear, since the root problem that caused these symptoms to manifest has not been addressed, these symptoms will resurface after a while.

Creams, Ointments and Lotions that are used for skin and nail infections need to be applied one to four times a day for as long as four to five weeks with consistency and persistence. Stopping the treatment early makes the yeast develop resistance to the antifungal agent and the treatment will eventually fail. Moreover, anti-fungal creams and ointments often contain steroids aimed at reducing inflammation. Long term use of steroids can stress the liver, weaken your immune capabilities and aggravate Candida infection.

Lozenges also called pastilles, are used to treat oral yeast infections as an alternative to oral rinses. One or two lozenges applied 3-5 daily are usually the recommended treatment. Lozenges should be used several days after candida related symptoms disappear to avoid reoccurrence and the development of drug-resistant strains of Candida. The most widely used medications in lozenges for Candidiasis of the mouth and throat are: Nystatin (Nilstat, Mycostatin, Bio-Statin, Nystex) and clotrimazole (Mycelex). The problem is that the active ingredients of the antifungal are limited to a direct contact with the yeast cells. Therefore, yeast infections in other areas of the body aren't affected by the Lozenges treatment.

Prescription Treatments

If your yeast infection does not respond well to OTC treatments, your doctor may prescribe a more powerful version of the OTC treatment to be taken orally in the form of a pill.

There are several prescription treatments that your doctor may present you with after he or she physically examines the infected area and sends it to a lab to determine the type and severity of your yeast infection and whether you have other types of yeast infection.

It's important to know that most drugs will eventually stop working or make your yeast infection condition even worse.

Here's why:

1) The yeast will eventually develop resistance to these drugs, making them ineffective.
2) By definition, drugs stress and upset your delicate inner balance, cause damage to the liver and poison your system, leading to a weakened immune system and sluggish elimination organs. This makes your body less defensive against Candida, which can worsen your condition in the long run.

Additionally, most drugs have side effects that range from uncomfortable to serious. Some drugs can cause permanent damage to your system if taken without supervision.

Here are some of the most common prescription medications for yeast infection:

Gynazole

Gynazole, a very potent cream, works fast and effectively and in one dose. Gynazole is applied to the vagina or the penis area and has a texture that is more suitable for these areas than other OTC creams.

The active ingredient in Gynazole is butoconazole. Butoconazole if taken orally, can damage your internal balance and worsen your condition. Exposing your genital areas to that type of ingredient is not, in my opinion, the best choice you can make.

Fluconazole (Diflucan)

Diflucan is a very potent pill that functions as an antifungal. Diflucan is taken orally and in a single dose. It’s aimed at killing the Candida yeast and all types of fungus that have invaded your system.

Although the treatment is not messy, is easy to use, and in most cases is taken one time, it works short term as the Candida yeast infection eventually reoccurs. There are also side effects such as allergies and nausea. The pill should not be used by pregnant women.

Ketoconazole (Nizoral)

Nizoral is a stronger pill than the Diflucan and is also taken orally. Nizoral is usually prescribed in combination with antibiotics and is aimed at killing Candida and other fungal forms. Although Nizoral is easy to use, the strong dose can have serious side effects on your liver and can destroy the natural delicate balance of your system. This can lead to a weakened immune system with low capability of defending the body against Candida, an adverse effect that will result in making your condition and symptoms worse in the long run.

Terazol

This is a powerful antifungal cream applied with an applicator and aimed at killing Candida. The cream contains the drug terconazole and can be used in either a 7-day or 3-day dosage. Although Terazol is more potent than other OTC treatments, like most creams it's messy and has several side effects such as muscle pain, headaches, weakness and nausea. Similar to all creams that are applied locally, it will only work in the short term.

Itraconazole (Sporanox) This drug should be taken with food and comes in both oral solution and capsule forms. A blood test should be conducted to check absorption.

Amphotericin B (Fungizone) When other conventional medications and OTCs fail, this drug is often administered intravenously. Similar to other antifungal drugs, it has a myriad of side effects including abdominal pain, nausea, chills, vomiting, and diarrhea.

The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It's not preoccupied with diagnosis or cures simply because of the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a whole (body, mind and spirit) and not by the sum of its organs. According to holistic medicine, everything you absorb (attitudes, beliefs, chemicals or food) directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approaches to healing but rather nourishes the approach of building a strong immune system, increasing the body's functionality and enhancing spiritual and mental strengths and stabilities.

Natural medicine yields to nature and believes in the individual obligation to clean the body from any unnatural residues. A body that is cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements can be anything from synthetic unnatural foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body deteriorates - when the body is in a state of imbalance or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease can only point out that something is wrong and that the body is in a state of imbalance and danger. Most illnesses occur when the body's cleansing organs cannot remove all the excessive amounts of toxics that get into the cell walls, bones,

hormone receptors, tissues and even cell surfaces. In most cases the moment toxins enter your system that is when the disease begins. When symptoms occur, it's often too late as something has already been damaged.

Natural medicine believes that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, it can result in more than 90% of illnesses healed by the body itself.

Chapter 3 – Diagnosis of Candida Yeast Syndrome

Are You At Risk?

When it comes to yeast infection, there are 3 risk groups involved.

Risk Group 1: Age and Gender

Yeast infection can affect men and women of all ages. Women between the ages of 18 and 45 are more likely to develop yeast infection.

As women become older they are more exposed to yeast infection due to disordered sugar synthesis because of pancreatic problems.

Older people in general are more at risk to develop yeast infection due to comprised perineal hygiene as bending and washing at that age is difficult due to the stiffening of the joints.

Balanitis is the same yeast that causes yeast infection among men and women. This condition is rare among men and is often triggered among men who are severely ill, suffer from diabetes or are heavy smokers or heavy drinkers.

Risk Group 2: Medical Conditions, Family-inherited Conditions and Medications Intake

The intake of birth control pills and most contraceptives, steroids, corticosteroids, antibiotics and most prescription drugs, anesthetics and hormones can all encourage the overgrowth of Candida yeast infection.

Having a mercury amalgam filling (Mercury can travel through the blood to all body parts and tissues and weaken the immune system), having diabetes or

high blood sugar levels can also increase the risk of developing yeast infection.

Having diabetes, metabolic disorders that affect white blood cells, blood diseases, immune system disorders, obesity or chronic hormonal problems in the family history can all contribute to the development of yeast infection.

Risk Group 3: Lifestyle and Dietary Choices

Everything from wearing tight clothing or clothes made of synthetic materials on a regular basis, using scented sanitary products, leaving your tampon in place for long periods of time, taking bubble baths regularly, swimming in chlorinated pools, not practicing good hygiene (failing to clean and change tooth brushes often and failing to wash the intimate parts regularly) accompanied by poor dietary choices and lack of good nutrition can all assist in the development of yeast infection.

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How Is Candida Diagnosed?

Yeast infection, especially when it becomes systemic, is not limited to the area where the symptoms occur, such as the vagina. That is why treating the symptoms with conventional medicine will never eliminate the problem because Candida does not only live in the vagina or around the penis area, it lives in the mouth, on the skin and in the intestinal tract. When Candida overgrows, it can find its way into many areas in your system besides the vagina such as the joints, organs, sinuses and other body tissues and it can manifest itself in a variety of other symptoms. That is why self-diagnosis of yeast infection must include a large checklist of symptoms in addition to the common unpleasant symptoms related to the sex organs.

It's true that there are no unequivocal objective tests to verify the existence of Candida infection. Since skin tests, blood tests, muscle testing, radionics, serum antibody complexes and stool analysis are used to detect the presence of Candida and Candida is normally an inhabitant of the gastrointestinal tract and skin even among healthy people, these tests have their many false positives and negatives.

While a blood test can show elevated uric acid in the body (the presence of Candida has been proven to produce extra amounts of uric acid), normal levels of uric acid are no guarantee that you have no infection.

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The Comprehensive Stool and Digestive Analysis (CSDA)

CDSA is a comprehensive set of integrated laboratory tests aimed at evaluating digestion, intestinal environment, absorption and digestion by examining the stool. These tests will diagnose the underlying digestive disorders that serve as triggering factors for Candida infection overgrowth. As a side benefit CSDA will also uncover other digestive ailments that are related to candida such as LGS (Leaky Gut Syndrome) and intestinal bacterial overgrowth.

CSDA information can provide sufficient diagnosis to determine the presence of Candida as well as insights into the factors responsible for Candida infection overgrowth.

Here are two laboratories that perform the CSDA tests:

Diagnos-Techs (1-800-87-TESTS)

* Diagnos-Techs also perform a comprehensive measuring of antibody or the levels of candida antigen in the blood

Great Smokies Diagnostic Laboratory (1-800-522-4762)

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Live Cell Microscopy

This is a new test (taking one drop of blood from a fingertip) that provides a reliable and fast visualization of Candida, parasites and bacteria that float freely in the bloodstream. The test is conducted using a microscope attached to a video recorder and monitor. Live cell microscopy can reveal important health data not possible through conventional microscopic tests. Some insurance companies cover this test if advised by a medical doctor.

Measuring Antigen Levels and Immune Assays

This is a laboratory method that I find effective only for confirming the fact that Candida Albicans is a responsible factor in the patient's health condition. The test that measures the levels of antibodies or Candida antigens in the blood can be used as a helpful way to monitor therapy.

Here are two laboratories that perform the antigen levels tests:

Diagnos-Techs (1-800-87-TESTS)

Antibody Assay Laboratory (1-800-522-2611)

Immune Assays

Unlike home tests and symptoms questionnaires which can be subjective, Immune assays are an objective marker for the presence of Candida that enables you to measure the actual level of Candida immune complexes in the blood (the yeast cells, the antigen, bound to immunoglobulin (Ig) antibodies).

The Candida immune assays may test for different types of immunoglobulins : IgG, IgA, and/or IgM. There is a direct relation between the levels of Candida immune complexes, found in the blood, and the amount of Candida in your body. Once candida infection is controlled, the immune complexes disappear quickly.

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The Symptom Score Questionnaire

A good alternative to the CSDA and the live-cell microscopy is taking the simple sign, symptoms and high index of suspicion questionnaire.

The following questionnaire is one of the most useful methods that will help you determine the likelihood of your yeast related illness. Further, it will help us determine the phase of your Candidiasis - whether it is localized or systemic.

For every Yes answer, circle the number of points given and add up the total number of points at the end of both tests, comparing your total with the conclusions given.

Test One

1.Have you ever suffered from vaginitis or prostatitis or suffered from other problems affecting your reproductive organs? **25**

2. Does exposure to strong smelling substances provoke or worsen your symptoms? **6**

3. Have you taken specific antibiotics for acne for 1 month or more?**35**

4.Have you ever had athlete's foot, ring worm, 'jock itch' or any other chronic fungus infections of the skin or nails? **20**

5.Are your symptoms worse on moldy days or in damp, moldy places? **20**

6.Have you been pregnant more than once? **5**

7.Have you ever taken steroid medications such as Prednisone or other Cortisone-type drugs? **20**

8. Have you taken, at any time in your life, antibiotics for respiratory or urinary infections for longer than 2 months more than three or four times? **35**

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9.Does tobacco smoke really bother you? **10**

10.Have you taken a general antibiotic drug, even just once in the last six months? **6**

11. Have you been pregnant once? **3**

Total for this section_____

Test Two - Part I

In scoring this section of the test, if the symptom does not apply to you at all score a 0. If the symptom is mild or occasional give 3 points, if frequent or severe give 6 points, and if the symptom is extremely severe and/or disabling score 9 points .

Abdominal pain

Diarrhea

Alternating constipation and diarrhea

Bloating

Troublesome vaginal discharge

Persistent vaginal burning or itching

Prostatitis

Impotence

Pain and/or swelling in joints

Fatigue or lethargy

Constipation

Feeling of being ‘drained’

Poor memory

Feeling ‘spacey’ or ‘unreal’

Depression

Numbness, burning or tingling

Muscle aches

Muscle weakness

Loss of sexual desire

Endometriosis

Cramps or other menstrual irregularities

Premenstrual tension

Spots in front of eyes

Erratic vision

Total Score for this Section_____ :

Test Two - Part II

In scoring this section of the test if the symptom does not apply to you at all score a 0. If the symptom is mild or occasional give 1 points, if frequent or severe give 2 points, and if the symptom is extremely severe and/or disabling score 3 points .

Wheezing or shortness of breath

Urgency or urinary frequency

Burning on urination

Failing vision

Burning or tearing of eyes

Recurrent infections or fluid in ears

Ear pain or deafness

Pressure above ears or tingling sensation

Itching

Skin rashes

Heartburn

Indigestion

Belching and intestinal gas

Mucus in stools

Hemorrhoids

Dry mouth

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Rash or blisters in mouth

Bad breath

Joint swelling or arthritis

Nasal congestion or discharge

Postnasal drip

Nasal itching

Sore or dry throat

Cough

Pain or tightness in chest

Drowsiness

Irritability or jitteriness

Poor coordination

Inability to concentrate

Frequent mood swings

Score for this section_____ :

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Add up the grand total of all three tests and compare with the results below.

Scores of over 180 in women or 140 in men:

- Yeast-connected heath problems, likely Systemic in nature are almost certainly present.

Scores of over 120 in women or 90 in men:

- Localized Candidiasis is very likely.

Scores of over 60 in women or 40 in men:

- Yeast related problems are possibly, contributing to your overall problem

Scores of less than 60 in women or 40 in men:

- Yeast problems are less likely to be at the cause of your symptoms.

Vaginal Yeast Infection Diagnosis

Regardless of how embarrassing it may seem to you as a woman to pay a visit to the gynecologist and discuss your yeast infection, it's in your best interest to schedule an appointment as soon as possible if you have most of the symptoms mentioned above.

Your doctor will first examine the vulva and vagina area suspected to have yeast infection. Your doctor will use a swab to take samples from the genital area and send them to a lab in order to evaluate whether you have other types of infections besides vaginal yeast infection.

Talking to your doctor about your feelings, concerns and the symptoms you have experienced will help him or her better understand the type and severity of your condition and provide the best course of treatment suitable to your individual case and needs.

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Simple Home Test To Discover The Severity Of Your Candida

Since conventional medical tests for yeast infection are not always accurate, the best advice is to combine a solid medical diagnosis with a self-diagnosis. The following is a simple and easy-to-use home test for Candida infection:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water.

If you have a systemic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.

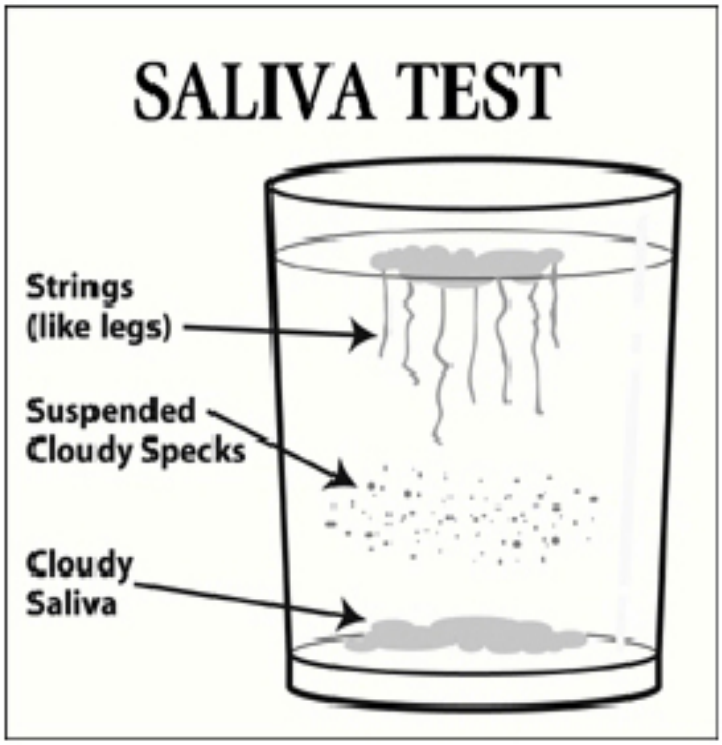

Figure 1: The Saliva Test - Checking The Severity of Candida Infection.

Note: the above is a quick and inexpensive way to determine if your intestinal tract contains excess Candida and if the candida has transformed into a pathogenic form. However, the saliva home test is not 100% accurate. It is highly recommended to pursue other candida infection medical tests as well to achieve a more accurate picture of your condition.

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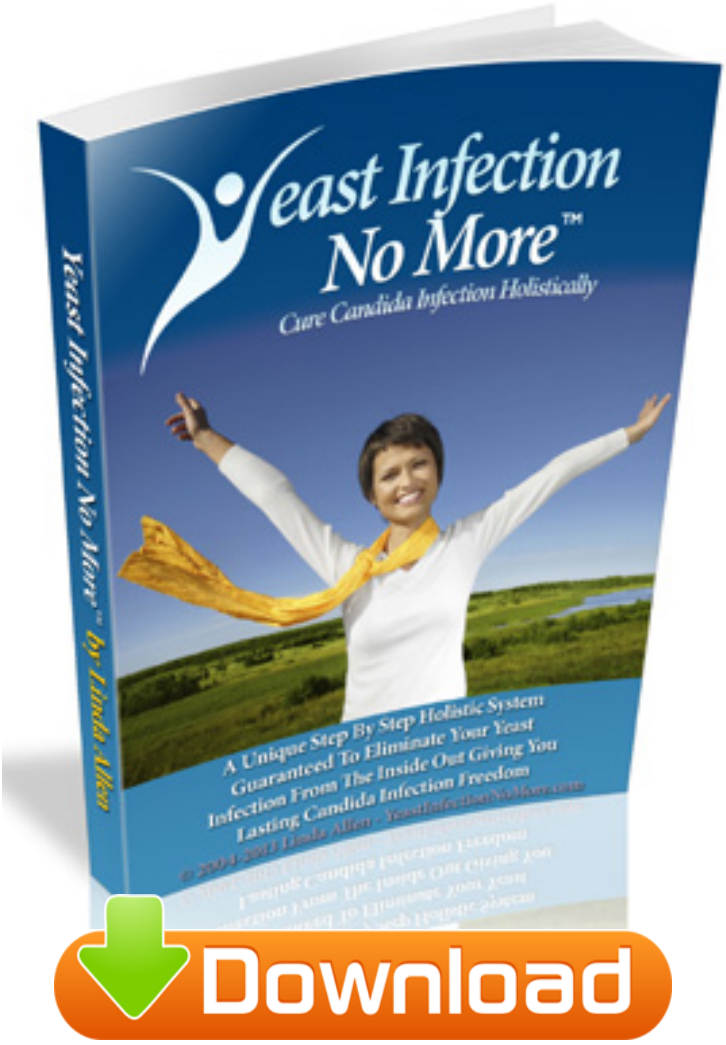
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